

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 or higher.**
- ❑ **Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, calculated by using the adult's weight in kilograms divided by the square of his or her height in meters.**

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Source of the Data

- ❑ The data were collected through the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing, state-based, telephone interview survey conducted by state health departments with assistance from CDC.**
- ❑ Height and weight data used in the BMI calculations were self-reported.**

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BRFSS Methodological Changes Started in 2011

- ❑ New sampling frame that included both landline and cell phone households.**
- ❑ New weighting methodology used to provide a closer match between the sample and the population.**

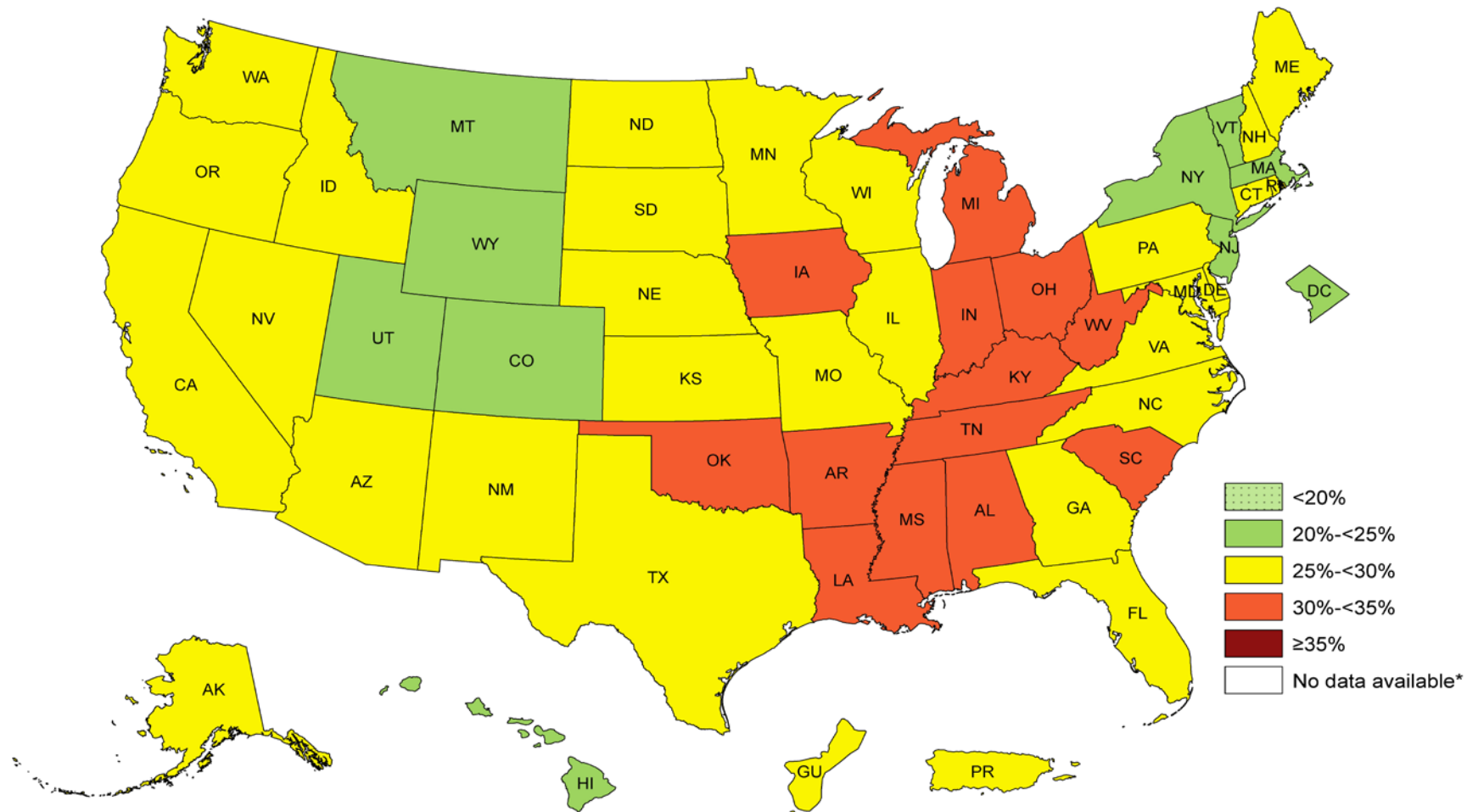
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Exclusion Criteria Used Beginning with 2011 BRFSS Data
Records with the following were excluded:

- ❑ Height: <3 feet or ≥ 8 feet
- ❑ Weight: <50 pounds or ≥ 650 pounds
- ❑ BMI: <12 kg/m² or ≥ 100 kg/m²
- ❑ Pregnant women

Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

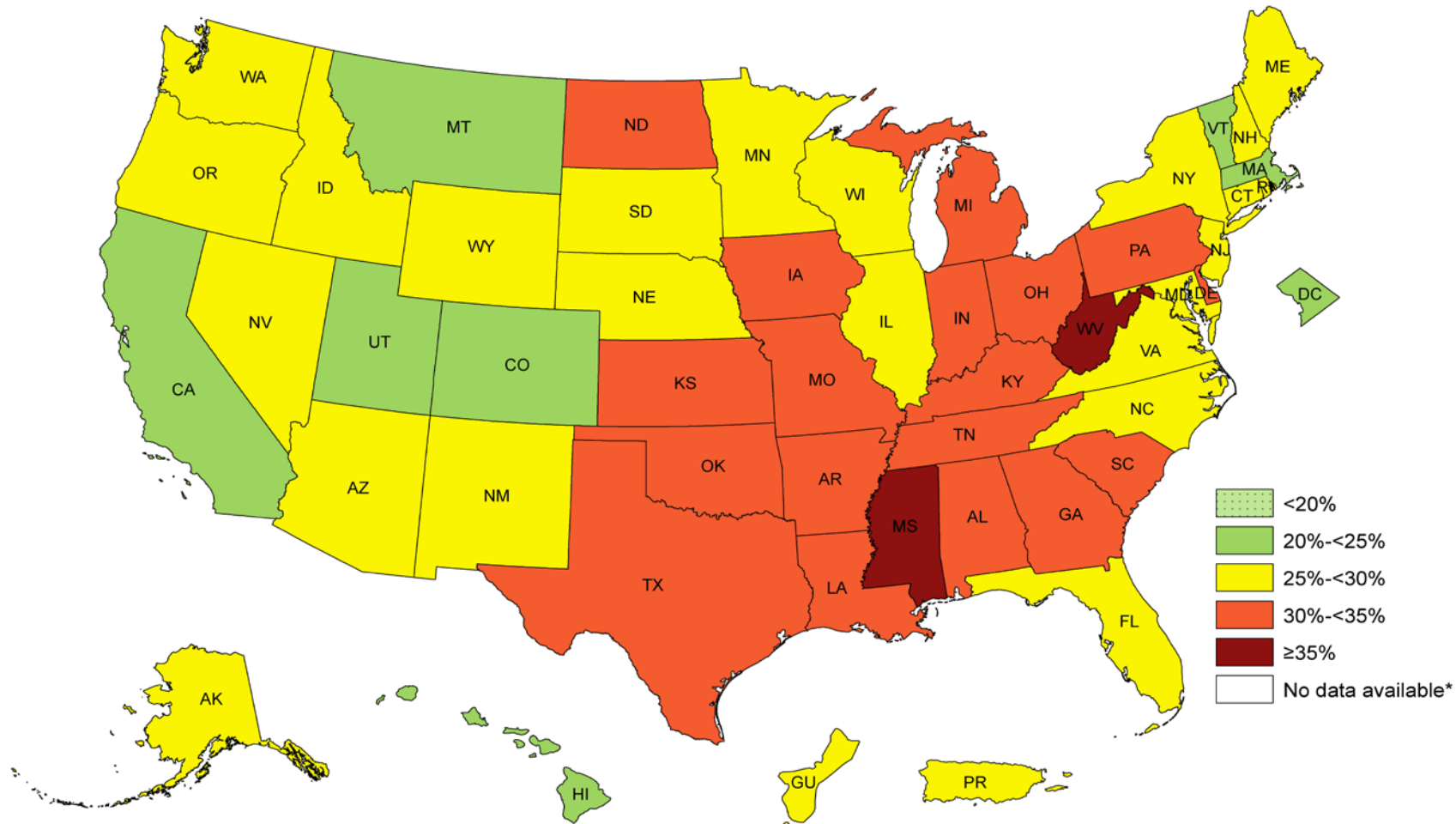
[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

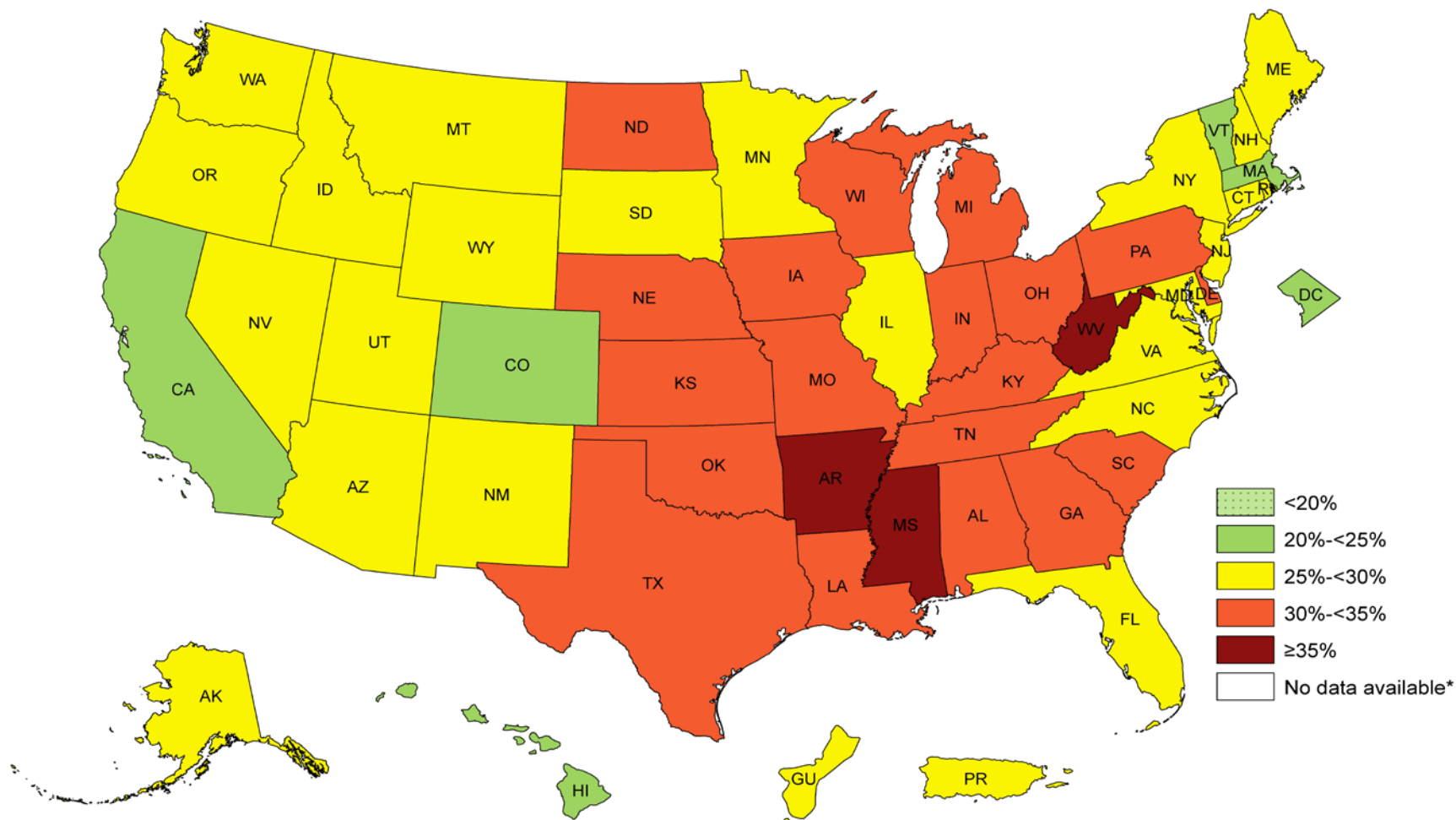
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Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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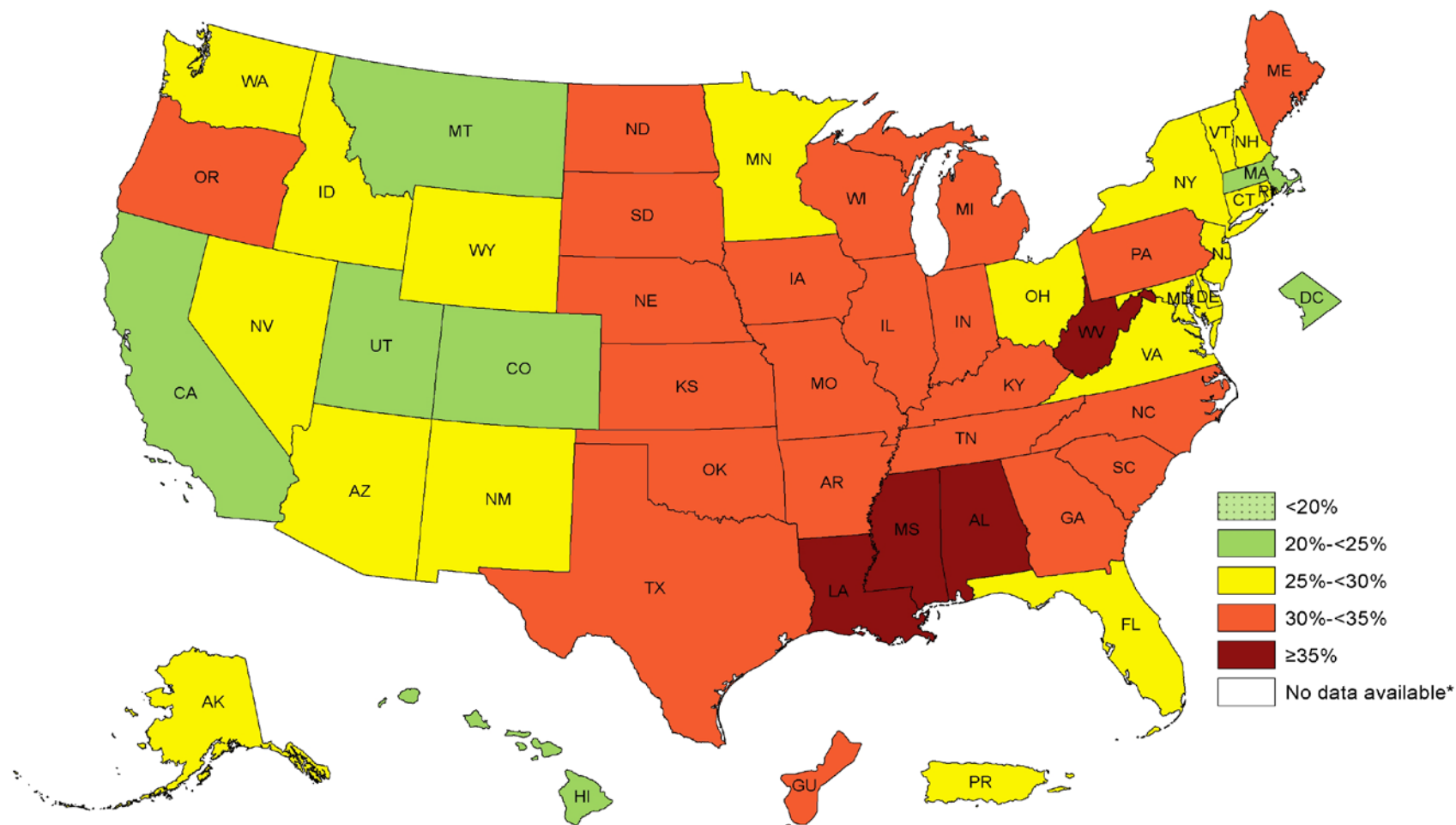


***Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.**



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

State	Prevalence	95% Confidence Interval
Alabama	35.6	(34.1, 37.2)
Alaska	29.8	(27.5, 32.3)
Arizona	28.4	(26.9, 30.0)
Arkansas	34.5	(32.2, 36.9)
California	24.2	(23.2, 25.2)
Colorado	20.2	(19.1, 21.3)
Connecticut	25.3	(24.1, 26.4)
Delaware	29.7	(27.6, 31.8)
District of Columbia	22.1	(19.7, 24.8)
Florida	26.8	(25.5, 28.1)
Georgia	30.7	(28.8, 32.6)
Guam	31.6	(28.2, 35.1)
Hawaii	22.7	(21.3, 24.1)
Idaho	28.6	(26.9, 30.4)
Illinois	30.8	(29.2, 32.4)
Indiana	31.3	(29.5, 33.1)
Iowa	32.1	(30.5, 33.8)
Kansas	34.2	(33.4, 35.0)
Kentucky	34.6	(32.9, 36.3)
Louisiana	36.2	(34.3, 38.1)
Maine	30.0	(28.6, 31.4)
Maryland	28.9	(27.2, 30.7)
Massachusetts	24.3	(23.0, 25.6)
Michigan	31.2	(29.9, 32.4)
Minnesota	26.1	(25.3, 27.0)
Mississippi	35.6	(33.8, 37.5)

State	Prevalence	95% Confidence Interval
Missouri	32.4	(30.8, 34.0)
Montana	23.6	(22.1, 25.2)
Nebraska	31.4	(30.3, 32.5)
Nevada	26.7	(24.1, 29.5)
New Hampshire	26.3	(24.8, 27.9)
New Jersey	25.6	(24.3, 26.9)
New Mexico	28.8	(27.1, 30.6)
New York	25.0	(24.0, 26.1)
North Carolina	30.1	(28.7, 31.5)
North Dakota	31.0	(29.3, 32.8)
Ohio	29.8	(28.4, 31.2)
Oklahoma	33.9	(32.2, 35.6)
Oregon	30.1	(28.4, 31.8)
Pennsylvania	30.0	(28.4, 31.6)
Puerto Rico	29.5	(28.0, 31.1)
Rhode Island	26.0	(24.3, 27.7)
South Carolina	31.7	(30.5, 33.0)
South Dakota	30.4	(28.5, 32.3)
Tennessee	33.8	(31.9, 35.7)
Texas	32.4	(30.9, 33.9)
Utah	24.5	(23.5, 25.5)
Vermont	25.1	(23.8, 26.6)
Virginia	29.2	(27.9, 30.6)
Washington	26.4	(25.5, 27.4)
West Virginia	35.6	(34.1, 37.1)
Wisconsin	30.7	(29.0, 32.4)
Wyoming	29.0	(27.0, 31.1)

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 6 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 19 states and Puerto Rico had a prevalence of obesity between 25% and <30%.
- ❑ 21 states and Guam had a prevalence of obesity between 30% and <35%.
- ❑ 4 states (Alabama, Louisiana, Mississippi, and West Virginia) had a prevalence of obesity of 35% or greater.

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<http://www.cdc.gov/obesity/data/prevalence-maps.html>

